

## ENTERTAINMENT

**CHRG** radio host places second in Yuk Yuk's contest

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## PERSPECTIVE

**Alcohol Awareness week**

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## SPORTS

**Conestoga soccer teams remain undefeated**

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## SPOKE

Vol. 25, No. 32

Conestoga College, Kitchener, Ontario

October 3, 1994



## Look waaaay up

Harvey Winston, a Conestoga security guard from Waterloo, looks up at the camera while on duty watching for parking violations on lot 12.

## Recycling audit to reduce waste

By Mike Patterson

A waste reduction audit of the entire College recycling system could result in the college saving 50 per cent on its recycling costs, says the audit report.

The audit, the 12-week project, independent assessment will determine what will be removed and what reduction where they will be completed.

The audit is funded by a \$1,000 grant provided by the Environment of North Carolina (ENC) and a Ministry of Environment and Energy project which provides technical help to environmental assessment, recycling, waste management, and waste disposal.

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Byron Taylor and Gary Smith are recycling college garbage as part of the waste reduction audit.

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## Conestoga's Oktoberfest events to start next week

By David Gaudin

The annual Oktoberfest celebration begins next week and Conestoga College is planning a series of events to celebrate the festival.

The celebration is being held at the Conestoga College campus and will feature a variety of activities.

The celebration is being held at the Conestoga College campus and will feature a variety of activities.

By Mike Smith

The first of the events will be a parade through the campus, followed by a series of performances.

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## Memorial held in honor of Jane Skipp

By Mike Smith

More than 50 people gathered last night to celebrate the life of Jane Skipp, a Conestoga College student.

The ceremony was held at the Conestoga College campus and featured a variety of activities.

The celebration is being held at the Conestoga College campus and will feature a variety of activities.

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and it is the obligation of the school community to recognize the importance of this memorial.

Conestoga College principal, Dr. Jane Skipp, said the memorial is a tribute to the life of Jane Skipp.

The memorial is being held at the Conestoga College campus and will feature a variety of activities.

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## College technical club receives donation from Zepi Technologies

By Rob Heidecker

Conestoga's technical club received a donation of 1000 packages in the form of a grant from Zepi Technologies.

The grant, used to purchase technical equipment, was donated by Zepi Technologies.

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See photos, page 4



# College library purchases new security system

By Frank Knobloch

It took over 20 years old, gave the owner some pain and was replaced by \$4,000 in repair bills and the company manufacturing it is out of business.

Leslie Koser, manager for the range College's Learning Resource Center and the old security system in 1992, "LRC" was an old 10 year manufacturing. It was no longer willing to manufacture it because the service calls.

Plans to replace it had been under consideration for years. Koser said, "by last year the old security system had not worked at all."

"That is all business. It did not put about anything it was doing." Koser said that it was expensive to keep the system running at all times. "Because that time we were in college."

But when you talk for the security system continued to work. Koser said replacement was no longer a question. It did not make sense to continue spending the money in the system when you can have it replaced for \$4,000.

By Frank Knobloch

When the system was replaced, the college had to make all changes.

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Lesley Koser, LRC, Koser, shows the new security system component.

Photo by Frank Knobloch

## More manpower needed to secure campus, says guard

By Frank Knobloch

Conestoga College is experiencing major problems with its computer security system.

On Sept. 3, a computer system was hacked from the college's main system, and according to Lesley Koser, a photo of the computer system was taken from the main system.

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Young said on Sept. 16, a number of people complained that the system was not working. They said they were in a class, but the system was not working.

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A perfect fit  
A 10-year business management student Jerry (left) is hired for a job by Jerry (right) in the business office.  
Photo by Frank Knobloch

# Oktoberfest

Attes Munchen Haus  
1260 Queens Blvd., Kitchener

featuring  
Walter Ostanek  
and  
the Walter Ostanek Band

**COLLEGE/UNIVERSITY NIGHT**  
Wed., Oct. 12  
doors open at 7 pm.

**CONESTOGA COLLEGE NIGHT**  
Thurs., Oct. 13  
doors open at 7 pm

**TICKETS ONLY \$7.00**  
Available at the DSA Activities  
Office

Reservations honored only until 8:30 pm.  
Age of Majority required





## Conestoga in Focus



### Looking at Doon

**Above:** Michael MacDonell, a second-year construction engineering student, surveys L2A 80. (Photo by the Spokee.)

**Above Right:** Two-year landscaping student Alissa Poyler (right) works in on L2A landscaping in constant Alissa Poyler's up for one of Conestoga's clubs during Club week. (Photo by the Spokee.)

**Right:** First-year materials management student Alissa Poyler (center) stands in front of the site by looking his "first-class" photo to the students.

**Below Right:** Carl Mack, a first-year landscaping student, plays in the garden in the garden. (Photo by the Spokee.)

**Below:** photography teacher Roger Young performs with oil paints to first-year journalism student Rachel Brantley's camera, showing her a video.



## Alcohol Awareness Week

## Drinking

## People are responsible for their own actions when partying

By James C. Gahan

Alcohol Awareness Week is scheduled to run Oct. 3 at Eastern Washington University. Eastern Washington University and the DSA are joined together to put this message across to students.

"Let's make up our minds. There might be a problem out there when it comes to responsible drinking," said Susan Gahan, supervisor of transportation.

"It is more the awareness program is put in place to show that people are responsible for their own actions."

The plan is a program one which would be put in place to help people who are responsible for their own actions. The program would be put in place to help people who are responsible for their own actions. The program would be put in place to help people who are responsible for their own actions.

"We want to show students that they are responsible for their own actions. We want to show students that they are responsible for their own actions. We want to show students that they are responsible for their own actions."

It will not be the idea for the week that would be put in place to help people who are responsible for their own actions. It will not be the idea for the week that would be put in place to help people who are responsible for their own actions.

"We want people to be responsible for their own actions. We want people to be responsible for their own actions. We want people to be responsible for their own actions."

"That way when we are responsible for our own actions, we are responsible for our own actions. That way when we are responsible for our own actions, we are responsible for our own actions."

There would be many people who are responsible for their own actions. There would be many people who are responsible for their own actions. There would be many people who are responsible for their own actions.

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Paul Matheson (left) and Steve Smith enjoy a pitcher of beer in the Food and Beverage department.

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## Drink much?

The American Research Center for Alcoholism and Alcoholism is a good source for information on the effects of alcohol on the human body. It is found on the website of the American Research Center for Alcoholism and Alcoholism. It is found on the website of the American Research Center for Alcoholism and Alcoholism.

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## Roost reports few problems with students

By Mike Worthington

Roost people may have noticed that the number of students who are responsible for their own actions is not as high as it used to be. This is because of the American Research Center for Alcoholism and Alcoholism.

According to college news, it is possible that the number of students who are responsible for their own actions is not as high as it used to be. This is because of the American Research Center for Alcoholism and Alcoholism.

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The Roost's first bartender Susan Loring goes through the training procedures to get the Roost's first bartender ready for another day's business.

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# Focus may add another class at Conestoga

By Mike Matthews

Added government funding may mean another class in focus is career interest program at Conestoga that provides paid work experience.

Currently the college is re-evaluating the effectiveness of the program. The program is a two-year program for students who are interested in a career in the health care field. The program is a two-year program for students who are interested in a career in the health care field. The program is a two-year program for students who are interested in a career in the health care field.

The program ends with the Ministry of Health, a social service organization that is involved in the health care field. The program is a two-year program for students who are interested in a career in the health care field. The program is a two-year program for students who are interested in a career in the health care field.

program in the college," he added. The program runs 12 weeks with a two-week work placement and is designed to allow health workers to gain experience in the health care field.

It offers support and encouragement to the students who have a health care program and are interested in the health care field. The program is a two-year program for students who are interested in a career in the health care field.

Matthews has 11 students on the program and believes in the health care field. The program is a two-year program for students who are interested in a career in the health care field.

Matthews said the program is a two-year program for students who are interested in a career in the health care field. The program is a two-year program for students who are interested in a career in the health care field.

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Focus instructor Mike Matthews points out the program's focus and money base at Conestoga College's Waterloo campus on Sept. 22. (Photo by Mike Matthews)

## For Rent- Room near college

Large and comfortable room for rent, redecorated and furnished, in basement of family home with private newly installed washroom with shower. Bridge and microwave included.

18 minute walk to college or less than five minutes by bus. Gas goes to Fairview Park Mall with connections to Kitchener-Waterloo.

Prospective tenants must have very good references. Non-smokers only.

**Tel. 685-2196**

## Cambridge courses remain unchanged

By Mike Matthews

Most courses at Conestoga's Cambridge campus are scheduled to last year's format and that includes all college courses and programs offered.

According to Mike Matthews, the only new program at Conestoga is a new program in the health care field.

Matthews said the program is a two-year program for students who are interested in a career in the health care field. The program is a two-year program for students who are interested in a career in the health care field.

The health care field is a growing field and the program is a two-year program for students who are interested in a career in the health care field. The program is a two-year program for students who are interested in a career in the health care field.

ment on a program by program basis. Administrators negotiate with the government for the programming that is made.

**Our approach at Conestoga has been to put on programs that meet the needs of the community.**

— Bob Miller

Miller said that at 12 to 150 students enrolled in courses at the Cambridge campus. He said that Miller said that there are no plans to discontinue any pro-

grams being offered.

"Our approach at Conestoga has been to put on programs that meet the needs of the community. I don't think there is anything about that we don't want to keep doing."

Miller said that the college is looking at increasing programming to meet the needs of the community. The program is a two-year program for students who are interested in a career in the health care field.

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## Counselor's Corner



By Lisa Spool

### FEELING FAT?

Do you have trouble with eating? Are you constantly watching your weight and body shape? Have you made numerous diets and gone to get rid of it? It is not surprising that many women would answer "yes" to these questions at some point. In fact, 85% have some trouble with their bodies, and 85% of women have dieted before.

Feeling self-conscious about your weight is a common problem. As girls we are taught to keep track of our bodies "intuitively". Treated as an object we are given the message that this is us, and being this is beautiful and will make you happy. This is a very unrealistic view of the body and is a very unrealistic view of the body and is a very unrealistic view of the body.

the majority of women. The need to feel acceptable according to social standards puts a lot of pressure on women and is a major source of stress, self-esteem, and body image. It is a major source of stress, self-esteem, and body image. It is a major source of stress, self-esteem, and body image.

The real problem is that dieting does not work. 95% of people who diet and lose weight gain it back. We are all meant to be different bodies. It is a major source of stress, self-esteem, and body image. It is a major source of stress, self-esteem, and body image.

Check out your own eating attitudes and behaviors.

DO YOU:

- "feel fat" even though people consider you underweight?
- have frequent weight fluctuations?
- experience uncontrollable binge eating?
- engage in some sort of purging (fasting, any excessive exercise, using laxatives) to rid your body of unwanted calories?
- find yourself obsessed with thoughts about food?
- consider when you are lonely, depressed, angry or frustrated?
- have trouble eating food and drink?

These are all signs that you have a problem with eating. If you are interested in learning more about your eating habits and changing them, you can contact the health services at Conestoga. They will help you to get some help. Call Lisa Spool, Counselor for Student Services.

## A World of Opportunities



Tuesday October 4, 1994

10:00 a.m. - 4:00 p.m.

Bingham Conference Centre  
Marshall Hall, Kitchener  
Transportation Available









